



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 25 Action Guide: Power Structure of Self

What does your Power Identity look like? How does it act?

What does it believe?

Describe it here:

What does your Disempowered Identity look like? How does it act?

What does it believe?

Describe it here:

What does your Empowered Identity look like? How does it act?

What does it believe?

Describe it here:



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Becoming an Empowered character in the story of your life – choosing to no longer be the Victim – happens when you choose to accept you always have a choice:

Be a Victim or Embrace Opportunity.

What would happen if you changed the story and started showing up from an Empowered place of identity?